

# Verus Pater,

OR.

## *A bundell of Truths.*

Containing a Prognostication, necessary at all times, shewing Physicall precepts, and rules of good husbandry, with some other Astronomically rules fit to be obserued.

*And dedicated to the ancient memory of old Erra-Pater, and his honest meaning.*

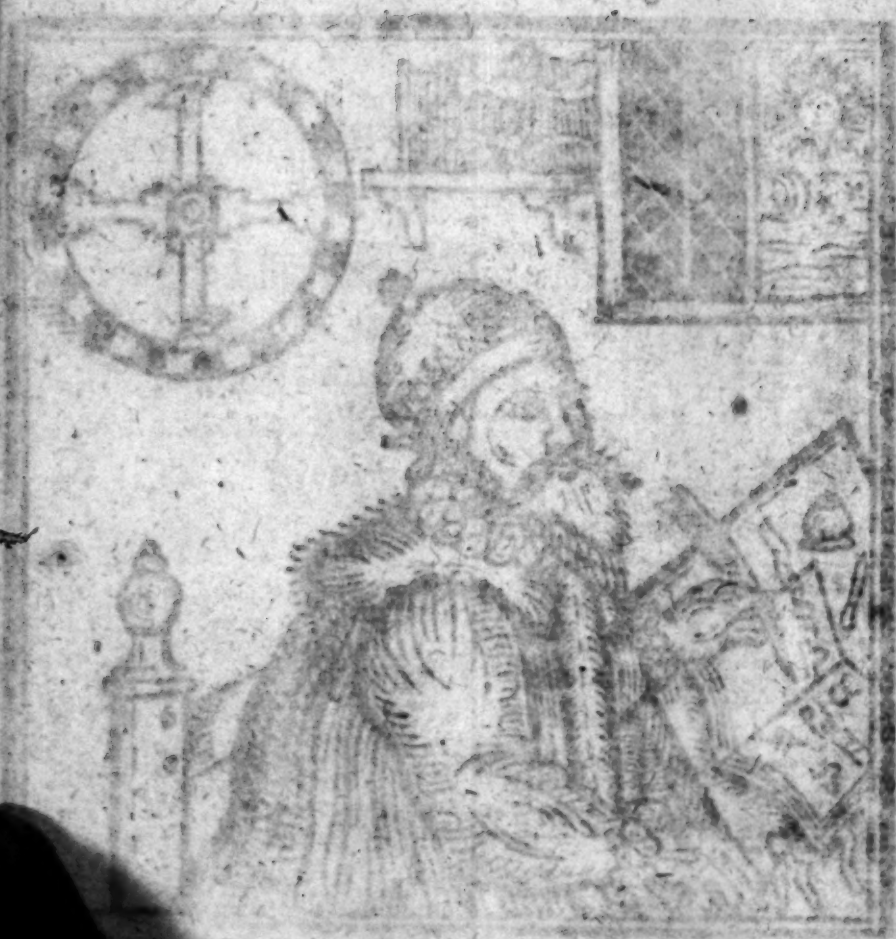


Printed at London for T. L. dwelling on Snow-hill. x

Vetus Liber

A Bundle of Letters

...a ...  
...  
...  
...



...



# Verus Pater,

## *Heath of Body.*

### Part. 1.

#### The Naturall Composition of mans Body.

**E**very mans naturall body  
is compounded and made  
of seaven naturall things,  
that is to say, of Elements,  
of Temperaments, of Hu-  
mors, of Members, of Powers, of Ope-  
rations, and Spirits.

#### Exposition of Elements.

**A**n Element being a first beginning, is  
a thing pure and simple, of which all  
things

## Verus Pater.

things are made, & into which all things are resolved, and not discernable by the outward senses, being the least part of the thing made thereof; and of Elements there are only foure, as Fire, Aire, Water, Earth.

Fire, is next the Moone, and of operation hot and dry, but most exceedeth in heate; and the vertue is to moue matter to generation, to separate things of diuers Kindes, and to ioyne things of like kinds together: it doth ripen, digest, mire, and open.

Aire, is next the fire, it is hot and moist, but especially moist: The vertue is to make things receiue shape naturally or accidentally; it cooleth the burning of the heart, and maketh al mist bodies penetrable and light.

Water, is next the Aire, it is cold and moist, but most cold: The vertue is to ioyne together things of diuers kinds, to coole the violence of the fire, and to gather together things which are disperst.

Earth, is next vnto the Water; it is dry and cold, but most dry: The vertue is to harden bodies, and make them retaine shape.

Exposi-



## Verus Pater.

### Exposition of Temperaments.

**T**emperaments (which are the mixture of the Elements before sayd) are nine, that is to say, eight vnequall, & the ninth equall: Of the eight vnequall, foure are simple, and foure are compound. The foure simple are, Hot, Cold, Moyst, Dry; the first two being actiue, the latter passive. The foure compound are, Hot and Moyst, Hot and Dry, Cold and Moyst, Cold and Dry. Now the ninth equall Temperament is either generall or speciall; if generall, then it is when there is an equal proportion of the foure Elements, and no more of one then of another: If speciall, then when the Elements are proportioned as euery kind doth require, be it man, beast, or plant. To these you may adde the second qualities, which are deuided into two branches, either touchable or not touchable: if touchable, they are softnesse, hardnesse, smoothnesse, roughnesse, toughnesse, bzikalenes, lightnesse, heavinesse, thinnesse, thicknesse, smallnesse, and grossenesse. If they be not

old  
A 3 touch

touchable, then they appertaine to the senses, as noises to hearing, colours to seeing, odozs to smelling, &c. which truly marked, will discover any sicknesse.

### Exposition of Humors.

**T**he humors in man are foure, first Blood, which is of the nature of the Aire, and sweete in taste. Secondly, Fleame, which is of the nature of water, and wallowish in taste. Thirdly, Choller, which is of the nature of fire and bitter in tast. And lastly, Melancholly which is of the nature of the earth, and sowze in taste. Now though these are generally ouer all the body, yet they haue their particular places, as blood about the heart, fleame in the braine, choller in the Liuer, and melancholly in the spleene; Blood nourisheth, fleame moueth, choller empfieth, and melancholly filleth.

### Exposition of Members.

**M**embers are of two kinde, either Semblable, or Instrumentall; if Semblable,

## Venus Pater.

blable, then being deuised into parts, each part is alike in substance to the whole, & haue but one name with the whole, as Flesh, Bone, Senewe &c. If Instrumentall, then being made of parts semblable and deuised, the parts are not alike, nor haue one name with the whole; as Head, Hand, Foote, &c. And of these instrumentall members foure are most principall, as the Braine, the Heart, the Liuer, and the Genitals: the first thre preserving the particular body, the last, the whole kind; also from the Braine spryngeth the synewes, from the heart the arteries, from the Liuer the veynes, and from the genitals, the vessells of seede.

## Exposition of Powers.

**T**he powers ruling in man are thre; The first Animall, & proceedeth from the braine, giuing by the synewes, feeling and moouing to the whole body; The second Vitall, and proceedeth from the heart, giuing by the arteries, life and spirit to the whole body. The third Naturall, and proceedeth from the Liuer, giuing

## Vetus Pater.

by the beines nutriment to the whole body: and from this power naturall issueth foure other powers, as the power Attractive which draweth sustentance to nourish; the power Retentive, which keepeth it receiued; the power Digestive which digesteth it; and the power Expulsive whereby it auoyds excrements.

### Exposition of Operations.

**O**perations are the actions proceeding from the powers, as from the power Animall proceeds the operation to discern, to moue, and to faile: from the power Viual proceeds the operation to restraine and to loosen the heart: and from the power Naturall proceeds the operation to ingender, to increase, to nourish, to desire, to draw, to change, to digest, to retaine, and to expell. Now these operations are either voluntary, or not voluntary: The voluntary are those which a man may further or hinder at pleasure, as going, standing or lying downe; and those not voluntary, are they which depend not on the will of man, but



## Vetus Patet.

are done of their owne accord, & naturally,  
as the moving of the heart, passage of  
the blood, beating of the pulse, & such like.

### Exposition of Spirits,

**A** Spirit which is the fine, pure, cleare,  
and aerie substance of man, is deu-  
ded into two kinds, the Spirit Animall,  
which giueth feeling and moving unto  
man, and hath his pallace in the braine,  
being continually watered and nour-  
shed with the canle thereof, and the Spi-  
rit Vitall, which is the cause of all the  
naturall heate in the body, and hath his  
pallace in the heart, being nourished and  
preserued partly by breathing, and partly  
by blood. And these seauen thus treated  
of, being preserued in their true force and  
vertue, man is euer sound and perfect; but  
corrupted or troubled, the body falls into  
most mortall sickness.

What impayreth mans health,

**T**hese things, which impayre mans  
health, are accounted not naturall,

and

## Verus Pater.

and they are fire, as Ayre, Meate and Drinke, Moueing and Rest, Sleepe and watching, emptines and fulnesse, and the Affects of the minde: any of which disorderly applyed, bying sicknesse; but orderly vled, they doe p̄serue the body. To these may be added other thre, as Causes, the Sicknesse, and Accidents. The causes are euill affects going befoze, and promoting sicknesse; and they are of two kinds, as internall, which breed within the body, and externall, as those without, as heate, cold, or wounds.

Sicknesse is an euill Affect against nature, and is of three kinds, the first in parts alike, the second in parts instrumentall, and the third in both. The first is simple, as when one quality aboundeth; or compound, as when diuers do exceede.

The second is an euill constitution, knowne by the shape, number, quantity, or site of the member diseased.

The third a diuision of the vniety, as a fracture in the bone, a wound or vlcer in the flesh, a rupture in the veines, a conuulsion in the synetwes, & an excoziation in the skinne.

Again,

## Vernus Pater.

Againe, some sicknesse is called long  
some short and sharpe; the first is tedious  
but hopefull, the latter dangerous.

There is Sicknesse by it selfe, and  
sicknesse by consent; the first troubling  
the member in which it is, the other go-  
ing from one member to an other, as  
from the stomack to the head, or from the  
head to the eie, &c.

To euery Sicknesse belongeth foure  
times, the beginning of the sicknesse, the  
increasing, the state, and the declination.

Lastly, for the signes of sicknesse they  
are knowne foure severall wayes; as first  
by inseparable accidents, as shape, num-  
ber, quantity, and site of the part disea-  
sed: Secondly, by alteration of quality;  
thirdly, by the hindrance or trouble of  
any action; and lastly, by the urine and  
excrements.

## Vse of Physicke helpes.

First, it is to bee understood that the  
cure of all diseases consists in Bleed-  
ing, Purging, Bathing, and Giuing Fire;  
and in any of these consider whether it

## Venus Pater.

be to keepe the body in health, or for the present cure of any part diseased.

If to keepe the body in health, then consider the state of the body, as whether it be in youth, at mans estate, in age, or else old age; then the complexion, as hot, and dry, cold, and moyst; then the constitution, as grossnesse, or leanness; and lastly, the time of the yeare, as the spring which is the best, the Summer euill, Harvest indifferent, and Winter naught.

## Of Bleeding.

**T**ouching bleeding, it is meete the body be ordered & prepared thereunto, as by a preparatiue given by the counsaile of the Physitian, to prepare the humors; which if time will not allow, then give a Clister ouer night, and open the veine in the morning, and fasting, an houre or two after the rising of the Sun, auoyding by all meanes possible, the howres of Saturne and Mars. As for the quantity, the melancholly man may loose most blood, the Sanguine lesse then y<sup>e</sup> Melancholly; the



## Verus Pater.

the Chollericke lesse then the Sanguine,  
and the Flegmaticke least of all. After  
bleeding drinke a hearty draught of cla-  
ret wine with a tosse, and vse meates of  
light digestion for thre dayes after, and  
in that space abstaine from riding, run-  
ning, and leaping, vaulting, wrestling,  
fencing, tennis, bowling, bathing, and ve-  
nery.

If you will bleed according to age,  
then let blood from the age of 14. to 26.  
yeares, in the first 7. dayes of y<sup>e</sup> age of the  
moone: from 26. to 38. in y<sup>e</sup> second 7. daies  
of the age of the moone: from 38. to 52.  
in y<sup>e</sup> third 7. dayes of the age of y<sup>e</sup> Moone:  
from 52. to 64. in y<sup>e</sup> fourth 7. dayes of the  
age of the Moone.

If to bleed after complecions, let the  
chollericke blood, when the Moone is in  
Cancer, Scorpio, or Pisces; the Flegma-  
ticke when the Moone is Aries, Leo, Sa-  
gittarius; the melancholly when y<sup>e</sup> Moone  
is in Gemini, Libra, or Aquarius; the Sangu-  
ine in Taurus, Capricornus, or any signe  
before named.

The second preparation for health,  
which is purging, is used three severall  
wayes,

## Verus Pater.

wayes, as by electuary, by potion or pill, which generally may be done when the Moone is in Cancer, Scorpio, or Pisces, but particularly to purge by complexion, let the melancholly purge when the Moone is in Gemini, Libra, or Aquarius; the chollericke or Flemmaticke, when the Moone is in Cancer, Scorpio, or Pisces: for the preparing of the body let it be, 3. 5. or 7. dayes before, kept warme, close, from ayre, and stirre vp and doونه in chamber, till the medicine haue done working.

To these may be added other emanations, as needling or gargarismes, which would bee tane when the Moone is in Cancer, Leo, or Scorpio; vomits, which would bee tane when the Moone is in Cancer, or Aries; and glisters which would be administred when the Moone is in Aries, Taurus, or Capricornus, and the planet not retrograde.

The third preparation for health is bathing, which if it be for cleanlinesse, let the Moone be in Libra, or Pisces; if for grossenesse of body, let the Moone be in Aries, Leo, or Sagittarius; if for drynesse of body, let

## Verus Pater.

let the Spooke bee in Cancer, Scorpio, or Pisces. After bathing goe to a bed with warme and dry sheets, and let the body be wel chafed with dry cloathes. To this bathing may be added sweating, with the like obseruations in every circumstance.

The cure of bodie diseased must carry all these considerations, the age of the party diseased, his strength and complexion: then in the disease consider the beginning, the increase, and the declination: whether it be vniuersall ouer the whole body, or particular in a member; then the nature of the disease, the quality of the medicine, the manuell operation & the inward administration.

Lastly, in case of enery desperate cure, outwardly Fire is to be giuen, and the giuing of fire is called Cauterizing, which is to be done two severall wayes, the first actuall, the latter potentiall: the actuall cauterizing is done by instrument or hot iron, made according to the member offended, either sharpe to slice, or round to open: this stoppeth corruption of members, and stancheth blood, provided the synewes, cordes and ligaments be not toucht;

sought; and the best instruments for the same are of gold, or silver, & next copper, and the worst iron.

The Potentfall canterizing is by medicine, as medicines corrosive, putrefactive, or causticke: for corrosives they are either simple or compound: simple corrosives are Roch-allume burnt or unburnt, Lymec, red Corall, powder of Mercury, &c. Compound are Vnguentum Apostolorum, Vnguentum Egiptiacum, Vnguentum Ceraceum, &c.

Medicines putrefactive are Arsnicke, Resalgar, Cryfocollo, Aconitum, &c.

Medicines Causticke are strong Lye, Vitrioll, Aqua fortis, &c. and of these, Corrosives are weaker then Putrefactives, & Putrefactives weaker then Causticks: Corrosives worke in the soft flesh, Putrefactives in hard flesh, and Causticks breake the skinn.

The number of bones in a mans body.

**I**n the head be nine bones, in the nose two, in the upper chape eleven; in the neather chaps two, behind the chaps one; the



## Verus Pater.

the teeth are thirty, in y<sup>e</sup> spine are thirty,  
in the bzeast seven, in ribs twenty foure;  
in the necke two, in the shoulders two,  
from the shoulder to the elbow in each  
arme one, from the elbow to the wrist in  
each arme two; in each hand eight, aboue  
the palme foure, in the fingers of each  
hand are fifteene; in the huckles two, in  
the thighes two, in each knee one, from  
the knee to the stobbe in each legge two,  
in each ankle one, in each heele one, in  
each sole foure; in the toes foure & twen-  
ty: so that the whole number, excepting  
gristles and appendices to the greater  
bones are two hundred forty foure.

The number of all the principall veines in  
a mans body, which may be opened on  
speciall occasions.

I<sup>n</sup> the midst of a mans forehead is one  
veine, behind his eares two; in the tem-  
ples two, vnder the tongue two, in the  
necke two, in the arme foure, one leading  
to the head, another to the heart, the o-  
ther to the liver, and the last to the milke:  
betweene the fingers one, in the sides  
two,

## Verus Pater .

two, in the foote three, betwene the ankles and the toes one, in the eyes two, in the nose end one; in the gums foure; betwene the lip and the chin one, in the thighs one: so that the whole number of veines to be opened, are thirty nine, & thir helps are these: that in the fore head cureth the head-ache and lethargie; those on the eares cureth deafnesse, those in the temples for offences in the braine, the goue and eyesight; those vnder the tongue cureth squinancie & apostumes in the throte; those in the necke cureth leprosie: that in the arme, which is of the head, cureth the braine, the eyes, and sweld faces; that of the heart cureth spitting of blood, and the shorte winde; that of the liver cureth inflammations, yellow Jaundise, and Pleuresie: and that of the milke cureth fevers of all natures; those betwene the fingers cureth griefe in the stomacke, botches, and flegmaticke humors; those in the sides cureth the dropsie, those in the scate cureth botches in the groyne, & sores in the secret places: that betwene the ankle and the toes, cureth the pestilence; those in the eyes cure

## Verus Pater

eyes and watry eyes; that in the end of the nose, helps pimpled faces: those in the gums helps cankers in the mouth, and tooth-ache: that betweene the lip and the chin helps stinking breath, and those in the thighs helpe the swelling in the genitals and paines in the groyne.

### Rules for health according to the foure Seasons of the yeare.

**I**n the Spring keepe thy body temperately clad, open a veine if needebe, take Physicke moderately, and sleep sparingly; eate light meates, drinke temperate wines, and vse moderate exercise; lose no appetite by eating, nor eate but when thou art hungry; roast meat is best, boyld next, and sodden is the worst for this quarter.

**I**n the Summer be light clad, and eat light meates, many coole hearbes and sowze sauces: eate little and often, dine early, and sup befoze sun set: salt is hurtfull, but water and sugar boyld is wholesome, so is small wine and small beere; vse no violent labour, nor the company

## Verus Pater.

of women : bathe oft in cold water the hands, face and mouth, and sometimes the whole body, and by vse of sugar-candy, breake and auoyd all fleagme morning and euening.

In Autumne or Haruest, bee clad as in the Spring, and let blood or purge as you haue occasion; eate all wholsome and strong meates, and drinke strong wines with moderation, abstaine from fruite, bathe not at all, and sleepe not after dinner; keepe the head warme, the stomacke reasonably filled, and the body from violent labour.

In Winter keepe the body as warme as may be, eate strong meates and lusty, drinke strong wines and full, vse now and then spices, sleepe moderately, and labour soundly.

---

Verus





Verus Pater.

*Wealth of Fortune,*

*Or Rules of good Husbandry.*

Particular seasons to doe Rurall  
businesse in.

**T**he particular obseruations for a  
ny husbandly businesse, is to know  
the state of the Moone, and in what  
signes she is vnder, for so the work  
prospereth or decayeth. Therefore euery  
carefull man or woman, must sow their  
seedes or graine, in moyst ground when  
the Moone is decreasing, and in dry  
ground when shee is increasing, and vn-  
der Aries, Cancer, Scorpio, Libra, Sagitta-  
rius, Capricornus, or Pisces.

Plant and graft trees when the moon  
is vnder Taurus, Leo, or Libra, either in  
March or Aprill, October or Nouember,  
the weather open, and the Sunne shi-  
ning.

## Venus Pater.

Dresse your Vines in the same monethes, when the Moone is at the full, & vnder Taurus, Leo, or Scorpio, but not earlier or later, for feare of bleeding, which is most dangerous.

Seld your Cattell from the last quarter to the change, and either in the spring or fall; for the Summer breeds the mags, & the Winter causeth swelling and impostumations; and let the moone be vnder Aries, Sagittarius or Capricornus, Sheare sheepe from June till the end of July, and the moone increasing.

Mowe hay in June and July: reape Corne in July and August, immediately after the full moone.

Fell Timber for building, in Aprill or May, when the Moone is in the last quarter; and fell in any time of the spring or fall, and the Moone increasing.

Plash hedges, or cut the vndergrowth of any young wood in the spring or fall, the moone increasing, and vnder Aries or Libra.

Put your Stallion to your Mares in the moneths of Aprill or May, and the Moone increasing, and weane your Foales

## Veneris Pater.

Soales in the full onely.

The particular duties of every Moneth.

**I**n January let out the Plough; either to fallow light earthes, or to plow stiff beane earthes; cut downe timber that it may not chinke or rine; Strub vp rough pastures, and lay smooth your medowes; dig your gardens to prepare the mould; and trench in your meadows; open your hives and trim them; bave the rootes of fruit trees from the earth, break vp your lay ground, and have a carefull eye to the sheepe fold, for ewes of the fallowes are now yeaning and in danger.

In february sow your beans and mixed great pulse, cleanse your trees of moles and your hedges of Caterpillers, proyne your fruit trees, lay quicksets, plant roses, or what else beareth prickles, graff trees, slippe branches, and set them, and plash and proyne quicksets.

In March sow fitches, and small pulse, oates, and in mairie; barley: in the beginning plant and graffe fruit trees; renew those rootes that were bared in January:

## Venus Pater.

with fresh earth; at the latter end begin to sow barley, and if the season serue, carry out your measure. Now begin your kitchen Garden, sow your earliest seedes, and remove the clippes of those flowers that were planted in September and October.

In April make an end of your Barley sowe, sow Vempe and flate, make your Garden perfit, and sow all sorts of pot-herbes, slip herbes and set them, set by your Vines, and plash and trim all your curious fruite trees: it is now good to graft all outlandish fruit, and to plant & sow their strange flowers.

In May sow Barley vpon hot sand ground: plant Cowcumbers, Gourds & Mellons, slip your Gilliflowers, and set them in a bed thicke and close together: now Summer-tire all such land as you fallowed in January, and fallow such land as was not then to be plowed; now apply your manuring, and as the season will serue, bring home fuel, Timber and Lynsell, and bee sure to make good your fences.

In June sheare your sheepe, mowe  
downe



## Verus Pater.

your low meddowes, plant, graft, or set any hearb, flower, or fruit that is tender: make an end of Summer stirring, and turne all your measure into the mould; now sould your sheepe, and bee sure to make them beate off the dew with their feete, befoze they beginne to feede in the morning.

In July cut downe your high meddowes, re-plant hearbes you would not haue seede, begin to soyle your Summer stirring, and stirre your latter sallowing; gather flowers and p2eserue them: looke vpon your Kie, and if the eares beginne to hang downeward; sheare it, and by all means cleanse your Barley from thistles, weeds, and other annoyance.

In August make an end of soyling your land, gather your plums and summer fruite, sheare your Kye & wheat, and gather in your Dats; also at the end begin to mow downe your Barley: now geld your Lammes, and make sale or cut downe the wood you may spare for that winter.

In September reape your Beanes and pease, slip all sorts of garden flowers  
and

## Verus Pater.

and replant them. At the later end begin to sow Wheate and Rye, and winter rigge that fallow land which is for Barley: Now breake vp al Innam land for Barley the next yeare, and measure it: now fould your sheepe where you meane to sow Wheate and Rye, and cast vp and cleanse all your draines, to keepe your lands dry all winter.

In October make an end of your Wheate and Rye seebe, and an end of Winter rigging: Scowpe ponds and ditches, and carry the soyle to your Cozne field that is fallowd: set peates, plums, & Apples; graft, plant, plash or set any tree or quicke groweth; temoone all sorts of trees, especially all such as beare kernels, and gather rotes and seedes at pleasure.

In the beginning of Nouember you may sow Wheate or Rye in warme places, and doe any worke to be done in October, whether in the field, the Orchard or the garden, especially if the soyle bee warme & of an hot temper. Now is the best time to prouide plow timber, to roughen it & fashion it, & then lay it vp to season, of which the Pew tree is the best,  
the

## Verus Pater.

the Elme next, and the Ash last. In this moneth take your Cattell into the house; malt for the whole yeere following, and be sure to make your Lenten provisions.

In December thrash out such Corne as you may exchange for other household provision; feede Bratwines, Poultry, and whatsoeuer quicke foode is meete to bee eaten in Christmas; make your greatest slaughter of swine, and vent away the profits of your summer Dairie: now keep open your daynes, and annoyd Foundations, and applie well either for profit or recreation the Art of fouling in all natures; for both land and water are now most abundant, and the birds soonest de-  
seined.

Generall preservations of Corne whilest it is vpon the ground.

The euills which annoy Corne whilest it is in the earth, or growing vpon the earth, are twelue in number, to wit, fire naturall, and fire supernaturall.

The fire naturall offenders and slayers of Corne, are Moales, Wyces, Field-  
Mats,

## Verus Pater.

Kats, Pismires, Snails, and Wormes.

The five supernaturall offenders of Cozne are, Lightning, Thunder, Frost, Miste or Fogs, Hayle or Tempests, and lastly Blastings or Plannet stroake.

To cure these in generall, obserue to sow your graine as early after the change of the Moone as is possible, for as the Moone groweth, so cozne warcth and becomes full, bigge and sound; and as the Moone waineth so cozne decreaseth, and groweth, small, dry, and little yeelding.

But for the particular remedies, you shall vnderstand that to pzeuent Moales (which doe digge vp the ground and eate the rootes of the cozne) when the time of the yeere is past for the ordinary taking of them (which is spring and fall) you shal with the smoak of Gunpowder or Assafecida perfume their haunts, and it is a pze-sent remedy.

If your cozne be annoyd with field mice or those shrews which haue swine heads, take Arsnicke, honey, and lime, and make it into paste, and scatter it here and there, about, and in the lands.

For field Kats (because their holes and  
haunts



## Verus Pater.

haunts are to be perceined) take Poppey  
seeds bruised, and Cysocollo mixt with  
crusht wheats, and therewith bayte their  
holes, or the dyest parts about the land,  
and it destroyeth them.

If Wismires offend you, take the roots  
of Gentian, & boyle them to a decoction,  
and therewith spzinckle the places where  
you see them begin to build or resoꝛt, and  
they will be destroyed.

Where snailes are offensive, whether  
they bee blacke or gray, take the corrupt  
eggges of the strongest Traine oyle, and  
mixe it with ʒ albes of holly bark burnt,  
& spzinckle it about or vpon your coꝛne,  
and no snaille will come neare it; and yet  
the graine will be the better, and the soyle  
the fatter.

As for woꝛmes, if they trouble your  
coꝛne, the first and chiefest pꝛeuention,  
is to summer-stirre your land in the  
greatest month or dyest season you can  
finde in the summer; & though the ground  
be neuer so hard, rather aduenture your  
plots breaking, then the abstaining from  
that order; soꝛ it both kills woꝛmes, weeds,  
and thistles. Or if not this, then take the  
Cassius

## Verus Pater.

Casseus or suell made of Dre dung, and  
urine, and with the smoke thereof fume  
the ground, and it is a present remedy.

For the supernatural offences against  
corne, the best way to preserve it against  
lightning, is to bury a hedge toade, hebot  
or any venomous thing in any part of  
the corne field, being closed in some stone  
vessel as in a coffin, and luted close, that  
no vapour may enter in: or to stick Holly  
and Joy bushes in every corner of the  
corne field.

To preserve corne from thunder, great  
noyses are good, but the principall thing  
is to make fires of the rotten staddells of  
stacks, or the most stinking things you  
can get, in divers parts of your corne  
fields.

Against frost there is nothing so good  
as the rotten litter which is taken from  
under horses feete, and spread upon the  
corne; or else horse dung dyed, and scat-  
tered upon the land, or otherwise any  
household ashes, lyme, or the measure of  
Wollen.

Against mists, fogs, or other unwhol-  
some vapours, it is good to make in the  
fields

## Verus Pater.

fields of cozne diuers blazing fires of drye  
fuell, which may ascend vp and purge the  
ayre: and the best fuell is dried hemblock,  
drye dung, staddels, or any thing that will  
burne bright, and carry a strong saour.

Against Hable, stormes, or tempests,  
there is nothing better the to take Bats,  
Owles, house-cats, or any thing that  
wanders and preyes in the night: and  
spreading it abroad, set it vpon stacks in  
the corners of the cozne fieldes, no Hable  
stormes will annoy it.

Lastly, for blasting or Planet-stroke  
take the shavings of any kinde of horne,  
and mixe them with horse or Ox dung,  
and then burne it in diuers corners of the  
cozne field, & then no blasting will touch  
the graine.

To preferue Corne when it is within the  
house and chraht.

The principallest way to make cozne  
last the longest when it is within the  
house and chraht, is to reape it at the  
change of the Moone; for so it is fullest, &  
least apt to putrifie: but in case it stand  
in

## Verus Pater.

In neede of further helpe, then take Arsenicke and Mercury sublimate, and sew it close and fast in a leather bagge, and hang it in or else near your garner, and no corruption will at any time approach it.

Dyle lees sprinkled on cozne will do the same, so will the powder of chaulke, dried Willowood, the earth of Olinthus, or Cerinthus, or the dried leanes of Beswe or Cypressse; lastly vinegar, and Lacerpitium, mixt and sprinkled in a moderate manner, infinitely preserveth all manner of pulse whatsoever.

As for vessels to keepe graine in long and without putrifaction, your salt fish barrels inwardly well daboed with plaster, is the best, or pitched barrels sprinkled with vinegar; so are Dyle barrels dried and daboed as aforesaid, or for want of plaster to dabob them with pitch and sope ashes, or lime vinegar and sope ashes. Lastly, the dry hutch, chest, or bing of dry Wake wood, being well seasoned, will keep cozne an hundred yeeres without putrifaction: and where they are not to be got, there if the soyle be dry & without moisture, as in rocks, sands, or wher springs



## Verus Pater.

spzings abound not, there handsome and close caues made in the earth, and covered so as the aire may not enter, will keep cozne long and sound without taint, and as well as any art befoze rehearsed.

A generall rule, to perfect all manner of workes in Husbandry.

**T**he ancient Fathers or Masters in Husbandry, have appointed for euery worke in husbandry his especiall time, and season, as at plow-day and not befoze to fallow, at S. Valentines day to sow Beanes, at S. Chadds day to sow all sorts of small pulse and Dates; a fortnight befoze our Ladyes day in March, and a fortnight after to sow Barley at S. Georges day to fell great timber, at Ascension day to plant hearbes and flowers, at S. John Baptist to cut downe meddowes, and sheare sheepe; at S. Iames day to reape Rye, at Lammas theate, at S. Bartholmewes day Barley, and at the nativity of Mary, Bease: also to sow Hempe and flaxe on S. Wilfreds day; to carry it to the water on S. Margarets day, and to begin

C

to

## Verus Pater.

to ripple and brake at S. Mathewes day, with a world of such like other observations, which the Husbandman might by no means either goe before or come after. Now let every one vnderstand that the best time to vndertake any of these workes, is five dayes at least before any of these feasts and seasons, if the weather be constant and fit for the purpose. For the yeeres hauing gone on so long, and every yeere losing certaine minutes, we cannot choose but to haue lost in our computation diuers dayes at least: and thogh not so many as the Roman computation would haue vs, which is ten, yet doubtlesse five may bee well suffered in any of the Husbandmans workes and labours, and in his observations he shall find both the increase and profit. As touching the laying of Meddowes, or dryning of your grounds for meddow, it matters not though you keepe the old forme of the ancient Husbandmen, which is, to lay your vpland or high meddowes at the annuntiation of the blessed Virgin Mary, and your low and moze fruitfull meddowes at the feast of Phillip and Iacob, common.

## Verus Pater.

Is called May day: for the seasons are fit,  
and the time long enough for the growth.

Ordinary signes of faire weather.

**T**he flying of night bats early in the  
euchning, the next day will be faire: the  
moone appearing in the West, faire, and  
cleare without vapours about her, three  
daies before the opposition, and three  
daies after the coniunction, sheweth long  
faire cleare weather to ensue: the flying of  
bats together, the declining of clouds  
downwards, the rising or setting of the  
Sun cleare without any clouds: If any  
mist fall either in the spring or harvest  
time, shewes that a faire day: the hooting  
of an owle in rainy weather, the gaping  
of Dawes in the morning, Ants, or  
Whites remoouing their egges: the rising  
of any steame or mist in the morning,  
before the Sun ouer any waters, poles,  
marish or meddowes, the appearing of a  
white circle about the moone in the forme  
of a crowne: The swarming of bees, a  
red skie in the euening, sheweth a faire  
day to ensue. The gaping of Ravens and

## Verus Pater.

crookes in Sun, the flying of humble bees, dronnes, beetles or any such flies in the evening, also when it lightneth the day being cleare, suddaine showers of raine after any great windes, the circle or circles about the Sun, if they bee cleare and no continuance: Looke for faire weather, also in the Winter, if in the evenings the firmament be full of starres, & the winde easterly, iudge frosty hard weather: the moone being in Aries, Leo, or Sagittarius, in Winter you may iudge faire weather, but in Sommer immoderate heate. And to conclude, when all shrewes haue dined, and the cloudy substance of their anger be dispersed, their browes smooth without wrinkles, their countenance smiling, you may well hope then for faire weather.

Ordinary signes of windy, rainy, and other tempestuous weather.

**T**he rising of the Sun, thinly overcast with a cloud, if at the setting the Sun be of diuers colours or clouds like water: you may iudge of raine to follow. If at  
his



his setting, it be a mist or raine in the evening, it is a token of rainy weather to ensue: if the circles about the Sun be dispersed and broken, and are thicke & blacke, looke for cold wind or snow. Also, the moone being pale or somewhat too blacke or thicke, raine followeth: and the earth sucking up the raine extraordinaryly, the bubbling of springs, or old springs flowing faster then they were wont, the appearing of the rainebow in cleare weather, the extraordinary biting of fleas, & moistnes of stones in any cellar or pavement, the falling of soote from chimneys, also a violent heat in summer: The Element cloudy and of a darke dusky substance, the wind in the south, or north west, the rainebow appearing in the south, sheweth much raine to ensue in those parts, & the greener the rainebow is, the greater raine it doth signifie: the extraordinary feeding of cattle, the moistnes of salt, the weather extraordinary hot at sunrising or setting; if it thunder when the wind is easterly, or westerly, belles being heard further then they were wont to be, without the helpe of wind, also thunder in the south, and

## Verus Pater.

wormes comming out of the earth in great quantity in the evening, also woodlice walking, the croaking of frogges, fowles bathing themselves in hot weather, mouldwarpes turning vp y<sup>e</sup> ground, especially, if the earth they turne vp be small and dry: when the moone is 5 daies old, marke the tipps of her hornes, if they be blunt it signifieth raine, if the 4 day after her change she have a red circle about her, it doth signifie windes & raine. The clouds dispersed seeming like to flockes of sheepe: if the moone be in any of these signes, Cancer, Scorpio, or Pisces, in winter indge wet weather, but in Summer a pleasant temperature: all these aforesayd are tokens of raine. If the moone be in any of these signes, Gemini, Libra, or Aquarius, much winde ensueth: the conjunction, opposition, or quadrat aspect of Saturne, with the Sun or Moone sheweth great alteration in the aire. Iupiter, with Mercury, or the Sun, sheweth raging and tempestuous winds: the meeting of Mars and Venus, or Iupiter and Mars, enforceth fearefull thunders, lightnings, & raine. Lightning from the north, south,

oz south west sheweth wind to come from  
those parts: the diving of Doozhens, oz  
dap-divers shaking their wings, is a to-  
ken of wind: the sparkling of the fire, oz  
the noise of the flame, the rising of the  
sea about the shoare, the cackling of geese,  
ducks oz other fowles: the beames of the  
Sun being red and broad, pearcing the  
clouds like darts, all these fozetell of  
wind. The Hedgehog hath two holes, oz  
vents in his caue, the one towards the  
north, the other towards the south, looke  
which of them he stoppeth, thence shall  
great stormes and windes follow. Great  
store of spider webs flying about: as al-  
so Thunder in the morning, sheweth  
winds to ensue. Those windes that be-  
gin by day time are of more continuance  
then those that rise in the night. The  
northerne winds are ever more healthfull  
then the southerne windes: small store of  
water in winter, doth signifie a moyst and  
wet spring to follow, and an extraordinary  
ry hot summer, fozetelleth of a moyst  
winter to follow: the breaking of musicke  
strings made of guts, cats licking their  
foze feete, and therewith washing their

## Verus Pater.

beads, shew raine. If old people are troubled with cornes, toynnt akes, or any other aches in their bodies, it is a signe of raine. The crying of Hearnshawes, and the extraordinary crowing of Peacocks, is a manifest token of raine; the bleating, playing or skipping of sheepe wantonly, as also if swine doe carry bottles of hay or straw to any place and hide them, is a token of the same: When cattle, horses, swine, or sheepe, being upon any great common make hast home, it is a manifest token of a storme to come presently. If any vessels of glasse or any white wall, or any thing of wood or iron, grow moist and dampish, & yeld any water without manifest cause, it is a signe y it will raine not long after. If y the clouds in summer, it signifies foule and stormy weather, so is it when small wormes creepe to y the leaved grasse. Thunders in the morning signifie wind, about none raine, & in the euening great tempest. If it begin to freeze with an easterly wind, it is a token the cold weather is like to continue long. If the moone rise or appeare with 2 or 3 cleare circles about it, it is a signe the aire will



## Verus Pater.

will be very cold. It is a manifest signe of cold weather, if the dew fall not in the morning, especially being not hindred by the wind. If the stars in winter time appear more bright, & clearer then ordinary they are wont, or if they seeme to send forth some little sparkles, it is a signe of extreeme cold weather. If sea-birds forsake the sea, or water foules do the like, as ducks, drakes, mallards, wilde geese, or such like be seene in the beginning of winter, to seek for great and broad waters which freeze not, or that they fly to the sea, it is a signe of very long cold weather. If for 2 or 3 dayes together the clouds be very whitish towards the evening, it is a signe of much snow: if when it raines the ayre be troubled and overcast, & y the clouds be more whitish then they were wont, it is a manifest token of snow, and so much the more if the ayre be warme or soulfry. If the summer be moyst, wet, and cloudy, it is a signe that all fruits, cozne, and all kind of pulse will be in danger to be blasted and corrupted. If the Spring-time be very cloudy, and full of mists and hoary frosts, namely when

when trees do budde and blossom, and that the fields war greene, it is also a token to be feared the fruits of the earth to be blasted, rotten, or destroyed: great store of snow in winter signifieth a plentifull year: also, if great store of snow fall on the playne, and champion fields, it is a token that the frost cannot continue long, and that great plenty of fruite, hearbs, rootes, and corne, and pasture will be; which God in his mercy grant vnto vs.

### The cause of the Sunne Eclipsed.

**T**he Eclipse of the Sun is nothing else but the interposition of the body of the Moone betwixt vs and the Sun. And note this, that the Sun is neuer Eclipsed, but at a new Moone, for then the Moone is iust vnderneath the Sun: for the further the Moone goeth from the Sun, the more her light encreaseth: Yet the Sun is not Eclipsed enery new Moone, the reason is because shee is sometimes on one side of the Sun, and sometimes on the other; and when she hapneth iust vnder y Sun, then both the eclipse & hide her light from vs.

The

## Verus Pater.

### The cause of the Moones Eclipse.

**T**he Eclipse of the Moone is nothing but the interposition of the body of the earth betwixt her and the Sun: for the Moone her selfe, as also all other Stars whatsoeuer, the Sun excepted, are darke and have no light of themselves, but that the Sun shineth on them continually, and so maketh them to cast a light; and the earth being betwixt the Sun, and the Moone, shadoweth the light of the Sun from the Moone; and further obserue, that as the Sun is neuer Eclipsed, but at a new Moone, so is the Moone neuer Eclipsed, but when she is iust at the full, for then she is farthest off from the Sun, and iust ouer against him, but the earth is betwixt them.

### Of the 4. principall Windes shewing their nature and effects.

**T**he East winde is hot and dry, being temperate, sweete and healthfull, especially at the rising of the Sun, which maketh

maketh it the purer, expelling all infection gathered into mans body, causing fayre sun shine weather; yet sharpe wind especially in the winter, frosts and such like cold weather.

The West winde is temperate, hot and moyst, making all flowers, grasse and hearbes, as also trees, plants, and the like to spring, dissolving hard frosts & snow especially the Sun shining fayre & clear.

The North winde for the most part is cold and dry, bringing extremity of cold weather, being very holtsome in respect it draweth away noysome contagious and infectious ayres; yet is an enemy to a forward spring, in the nipping of the fruits of the earth.

The South winde is hot and moyst, prouoking in the generall raine, thick cloudy weather, and sicknes.

What Thunder and Lightning is.

Thunder and lightning is a hot and dry exhalation mixt with moysture, attracted into the middle Region by the extraordinary heate, and beames of the Sun



## Verus Pater.

enclosed in the body of a cloud, wher being  
two contraries fighting together, bzeake  
the substance of the cloud violently, ma-  
king that extraordinary terrible noyse  
called by vs thunder : and the sudden  
light that commeth befoze it to our visible  
sight (though both bzeake the cloud at an  
instant) is termed by vs lightning, which  
with many strange effects, as hurting and  
burning the intralls, the outward skin  
appearing faire ; killing the child in the  
womb, the mother not hurt: melting the  
money in the purse, and the sword in the  
skabberd, when the purse & skabberd are  
not burned: betwixt these two contrarie-  
ties of thunder and lightning is inge-  
nerated betwixt them in the cloud a grosse  
substance, or stone termed by vs the  
thunderbolt, which at the bzeaking of the  
cloud is violently cast out, and where it  
fallith light it much indangereth.

A necessary rule fit to be observed in good  
husbandry for the auoyding of vnnec-  
cessary expence.

**A** Penny a day is by the year one pound,  
one halfe pound, one groate, one penny:  
which

## Verus Pater.

which in all commeth to one pound, to  
shillings, five pence.

Two pence a day, by the yeare is five  
pounds, two halfe pounds, two groats  
two pence, which put together commeth  
to three pounds ten pence.

Three pence a day, by the yeare com  
meth to three pounds, three halfe pound  
three groats, and three pence: which be  
ing put together, commeth to four  
pounds, eleauen shillings, three pence.

Four pence a day, by the yeare com  
meth to four pounds, four halfe  
pounds, four groats, and four pence  
which bring put together, commeth to  
six pounds, one shilling and eight pence.

And thus may you doe of any other  
some of five, six, seauen, eight, nine, ten,  
eleauen, pence the day, commeth by the  
yeare, obseruing to reckon as befoze: as  
twelue pence the day, say, twelue pounds  
twelue halfe pounds, twelue groats, and  
twelue pence, is in the whole yeare eight  
teene pounds, and five shillings: and thus  
I leaue you, & rest alwayes your louing  
friend, Verus Pater.

FINIS.

THE HISTORY OF THE  
LIFE OF  
JAMES OGLETHORPE  
BY  
JOHN STURGEON  
IN TWO VOLUMES  
LONDON: PRINTED BY J. JOHNSON, ST. PAULS CHURCH-YARD, 1784.  
IN TWO VOLUMES.  
LONDON: PRINTED BY J. JOHNSON, ST. PAULS CHURCH-YARD, 1784.